

February 2018

Somis Union School



Menu subject to substitution. All meals served with choice of 1% or nonfat TruMoo chocolate milk. Snack bar opened daily. Please be sure to keep your child's account positive at all times. Let us know if you have any questions or concerns. Thank you☺



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



This establishment is an equal opportunity employer.

Monday

Tuesday

Wednesday

Thursday

Friday



Cheeseburgers **1**
Fruit
Veggies
Milk

Pizza Day!
Salad w/dressing **2**
Fruit
Milk
Jello

Orange Chicken **5**
Veggies
Fruit
Milk and Fortune Cookies

Chicken and Gravy **6**
Mashed Potatoes
Fruit and Country Biscuit
Milk

Spaghetti **7**
Garlic Bread
Salad w/dressing and Fruit
Milk

Sub Sandwiches **8**
Hartzels
Fruit
Milk

Pizza Day!
Salad w/dressing **9**
Fruit
Milk
Jello

BBQ Chicken **12**
Country Biscuit
Fruit and Veggies
Milk

Grilled Cheese Sandwich **13**
Homemade Soup
Fruit and Apple Pie
Milk

Chicken and Rice **14**
Burritos
Beans and Fruit
Milk & Valentine Cookie

Hotdogs **15**
Beans
Fruit
Milk

President's Holiday **16**

President's Holiday **19**

BBQ Beef Sandwich **20**
Veggies
Fruit
Milk

Bean and Cheese **21**
Burritos
Spanish Rice and Fruit
Milk and Graham Crackers

Corndogs **22**
Baked Fries
Fruit
Milk

Pizza Day!
Salad w/dressing **23**
Fruit and Milk
Jello

Orange Chicken **26**
Rice Bowls
Veggies and Fruit
Milk and Fortune Cookies

Mac-n-Cheese **27**
Breadsticks
Fruit and Veggies
Milk

Baked Potatoes **28**
Homemade Chili
Fruit
Cornbread and Milk

